

THE SHEPPARD SENATOR

Sheppard Air Force Base, Texas, home of the 82nd Flying Training Wing and 82nd Flying Training Wing

Inside look

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Sunday brunch

The officers club will host a Sunday brunch March 10 from 11 a.m. to 2 p.m. The cost is \$10.95 for members, \$13.95 for nonmembers. For more information call 6-6460.

82nd Contracting Squadron to change hands

The 82nd Contracting Squadron will change hands March 15 at 10 a.m. in the officers club ball room, with a reception immediately following the ceremony.

Lt. Col. Thomas Robinson will take command of the 82nd CONS from Lt. Col Robert Mitchell. Lieutenant Colonel Mitchell will become the vice commander of the 82nd Logistics Group.

Lieutenant Colonel Robinson comes to Sheppard from Wright-Patterson Air Force Base, Ohio, where he was the deputy chief of the Contracting Division for the F-22 System Program office. (Courtesy of the 82nd Contracting Squadron)



80th FTW annual awards

Airman 1st Class Carl Stewart (center), 80th Operations Support Squadron, receives the 80th Flying Training Wing's Airman of the Year award from Col. Ralph Jodice (left), 80th FTW commander, at the 80th FTW annual awards banquet Feb. 23. Also pictured is Chief Master Sgt. Herbert Williams (right), 19th Air Force command chief master sergeant. For more 80th FTW award winners, see Page 10. (Photo by Lou Ann Sledge)

82nd SFS provides FPCON Bravo reminders

All Sheppard personnel are reminded that the base is currently in Force Protection Condition Bravo. Team Sheppard should review FPCON Bravo procedures and remain vigilant at all times. Here are some FPCON Bravo reminders:

- Be suspicious of all mail and parcels.
- Verify all deliveries to your

section/office.

- Conduct random security checks in your area.
- Be prepared for possible delays at the gates.
- Report all suspicious activity to Security Forces.

(Courtesy of the 82nd Security Forces Squadron)





Brig. Gen. Arthur Rooney, Jr.
82nd Training Wing
commander
The 82nd Training Wing's Action

Action Line 676-2000, action.line@sheppard.af.mil

Line is your direct line to me for any concerns and suggestions you have. I am personally involved in every reply, and I am committed to making Sheppard AFB a better place to live, work and play. Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 676-2000, or send an e-mail to action.line@sheppard.af.mil. Please include your name and tele-

phone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.

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Letter to the Editor

We want to take this opportunity to thank Team Sheppard, and especially the 82nd Medical Group, for the countless blessings of gifts of flowers, plants, food, funds and visits to honor the memory of our son, Isaac. We have also been blessed beyond measure by your prayers and words of wisdom, but the greatest of all our gifts has been your love. The outpouring of your hearts to ours has overwhelmed us and we receive it as a gift from our Lord, who chose to take our son home with him after not quite two years.

With heartfelt thanks,
Jonathan, April, Joshua,
Jonna, Christian, (Isaac)
and Gabriel Williams.



Isaac Milad Williams
Sept. 18, 1999 -
Sept. 13, 2001



Exercise

Students from the 366th Training Squadron study, rest or find other ways to pass the time during the base tornado exercise Wednesday, which simulated damage to a student dormitory, forcing the students to bed down in the main gym. In part, the exercise tested the logistics of housing students in the event that a dormitory is damaged by a natural disaster. (Photo by 2nd Lt. Ann Hatley)



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WTC survivor enlists in Air Force, now Sheppard student

By Airman 1st Class Amanda Currier

37th Training Wing Public Affairs

After escaping from the New York World Trade Center Marriott hotel minutes before it fully collapsed Sept. 11, a young woman decided to turn from actress to airman.

Many people's lives were altered by the Sept. 11 terrorist attacks, and Amy Ting's experience sparked her decision to step out of the spotlight and get in step with the Air Force.

Now Amy Ting is Airman Ting. After completing six weeks of mental and physical conditioning, she graduated Feb. 22 from Air Force basic military training at Lackland Air Force Base, Texas.

Airman Ting is now at Sheppard, in the 382nd Training Squadron, attending technical training to become a physical therapist assistant.

Since she joined the Air Force after surviving the WTC attacks, Airman Ting has gotten a considerable amount of media attention. On March 1, she was interviewed on NBC's *Today Show* from Sheppard via satellite about surviving the terrorist attacks, her lead role in an upcoming movie and her decision to join the Air Force.

Before becoming an actress, the 23-year-old had three years of college under her belt as a pre-med student at Rutgers University, N.J. Nevertheless, she decided to trade a major in biology for a major movie role.

"It's not like you get acting jobs everyday," Airman Ting said, "especially a lead role."

She roped the lead in "Miss Wonton" after answering a newspaper ad requesting Asian actors.

Throughout high school, she participated in musical theater.

"It was fun, and I really started to like acting. When I got the lead role in 'Miss Wonton,'



Airman Amy Ting, 382nd Training Squadron student, is interviewed on NBC's *Today Show* via satellite from Hangar 1045. (Photos by T. R. Steele)

I didn't want pass up my chance," she said. "It was kind of scary, giving up school and going for an unstable career like acting. You never know when the next movie is going to come along. It might not."

To fund her new-found acting career, Airman Ting took a job as a desk clerk at the World Trade Center Marriott. Working mornings at the hotel allowed her to attend auditions in the evenings.

When "Miss Wonton" made it big at the Sundance Film Festival and Switzerland's Locarno International Film Festival, Airman Ting went "home" to Singapore to promote her movie. In the picture, she plays a young Asian immigrant who comes to the United States in search of the American dream.

"I went back to Singapore in August, and it was like I was Julia Roberts," she said.

After getting bombarded by the paparazzi in Singapore, the young actress said she felt the publicity associated with an acting career was a bit much for her. She decided to return to New York and try climbing the corporate ladder at Marriott.

Under the impression she was going to discuss getting a management position with her

boss, she went to the Marriott Sept. 11 around 8:30 a.m. She was expecting to answer some questions and take a short test. What happened, instead, changed her life forever.

"I was right in the middle of the lobby when suddenly, at 8:45 a.m., I started to hear a thundering sound coming down from above," she said. "I thought someone had dropped some heavy equipment or something. People began to run into the Marriott lobby from tower one, and Marriott guests started rushing downstairs from the second floor."

While most people fled, firefighters and police rushed into the lobby, and Airman Ting stayed behind to help them. She made phone calls to summon additional help and brought water to thirsty firemen.

Then a fireman came running in from tower one yelling for everyone to evacuate. The actress said she didn't even run two steps before the hotel collapsed when One World Trade Center came tumbling down on top of it. Airman Ting and a few others were blown into a corner of the building that had been reinforced after the 1993 World Trade Center bombing. They survived.



Airman Amy Ting waits for her live satellite interview with NBC's *Today Show*. She spoke of her decision to enlist in the Air Force after surviving the Sept. 11 terrorist attacks.

"During the few seconds that I was blown through the air, there was total darkness," she said. "All I could hear was debris falling. It was so scary, because I thought I was going to die."

Desperately looking for a way out of the rubble, a fireman in the small group of survivors spotted blinking lights on a crushed fire truck outside. The group followed the lights and climbed over a mountain of debris to safety.

"After Sept. 11, my perspective on life changed," Airman Ting said. "I have always wanted to help people, so I decided to go back to pursuing the

medical field. I asked myself, 'What is the most honorable company to work for?'"

That's when she decided to work for the U.S. government. One day while walking through Times Square, she passed by an Air Force recruiting office and stopped in to see what it was all about.

"The more I learned about the Air Force, the more I wanted to be a part of it," Airman Ting said. "Now when people say, 'Where do you work?,' I can proudly say the Air Force. I'm aiming higher."

(Airman 1st Class Pamela Stratton contributed to this story)



Prayer breakfast

Brig. Gen. Art Rooney Jr., 82nd Training Wing commander, speaks at the Women's History Committee Prayer Breakfast held March 1 at the officers club. The Women's History Month theme is "Women Sustaining the American Spirit." Merle Anthony, long-time award-winning Wichita Falls resident, was the keynote speaker at this year's breakfast. She spoke about great women and men in American history. (Photo by Lynn Bullard)

89th FTS accident-free for 25 years

By 2Lt. Nathan Broshear

Base public affairs

Often, Air Force members are fond of stating how they fulfill their mission "every day." One unit at Sheppard has been maintaining a spotless safety record "every day" for the past 25 years.

Members of the 89th Flying Training Squadron recently received Air Education and Training Command's Sustained Performance Award for the flawless record they achieved over the last 25 years from, June 1976 to June 2001. During that time, the 89th FTS had absolutely no Class A or B flight mishaps.

"An unblemished safety record of this type

is an achievement that could only have been accomplished with a complete team effort," said Col. Ralph Jodice, commander of the 80th Flying Training Wing. "AETC recognized what I have the privilege to witness on a daily basis—pride, teamwork, dedication, and a commitment to a safe operating environment."

Lt. Col. Yusuf Enginol, commander of the 89th FTS, stressed the importance of maintaining focus even after being recognized. "One of our most important duties is that of safety officer. They will continue to brief our students and instructor pilots to stay one step ahead of trouble," he said.

Being an international



"This achievement is a testament to each individual's professionalism."

— Maj. Gen. James Sandstrom, 19th Air Force commander

program can make safety an extra challenge as students negotiate language misunderstandings and working habits. Lieutenant Colonel Enginol believes that in spite of these challenges, staff from every nation, "Simply work that much harder, more carefully—and it shows with safe results!"

Lt. Gen. John Hopper,

AETC vice commander, and Maj. Gen. James Sandstrom, commander 19th Air Force recently wrote to the 89th FTS to congratulate them on their impressive achievement. "This achievement is a testament to each individual's professionalism," wrote General Sandstrom.

Base hosts Leadership Wichita Falls

By Mike McKito

Base public affairs

Sheppard AFB hosted Leadership Wichita Falls Tuesday, a program designed to build successful community leaders.

Forty participants, holding key positions from both the public and private sectors, attend classes in education, safety, leadership and health and human services, to name a few.

Annually, Sheppard hosts the "economy" portion, bringing together experts from local businesses/organizations, such as the Board of Commerce and Industry and the Texas Department of Transportation, to discuss successful economic practices.

Also on the day's agenda was a tour of Sheppard.

Enlisted Spouses Club scholarships

The Enlisted Spouses Club is offering scholarships to qualified high school seniors and spouses of all military members.

For an application, contact a high school counselor or go to the base education office. The deadline for submissions is March 23.

An awards banquet will be held on April 18 to recognize the winners at the enlisted club.

For more information, call Sharon Klepp at 851-9936 or Beth Moret at 569-3812.

Women's History Month story time

The base library will host a Women's History Month story time from 10:30 – 11 a.m., March 12 and 19. For more information, call 6-6152.

AAHC Scholarship

Sheppard's African American Heritage Committee will award two \$500 academic college scholarships to highly qualified high school seniors. For an application, contact a high school guidance counselor. Deadline for submissions is May 8.

Scholarship recipients will

be presented their awards at a luncheon held in their honor. For more information, contact Capt. Clynise Simpson at 6-2931 or 1st Lt. Bryan Simpson at 6-3963.

HHC membership drive

The Hispanic Heritage Committee is kicking off its 2002 Membership Drive this month.

The committee's first meeting will be held March 27 at 2 p.m. in Bldg. 922's conference room.

All of Team Sheppard is invited to come out and share their ideas of how the HHC

can bring cultural awareness and celebration of Hispanic culture to the Sheppard community.

Those with questions can contact Staff Sgt. Stewart Frazier, Master Sgt. Marlon Pesantez or Staff Sgt. Dora Diaz by e-mail or by phone at 6-3310 or 6-7468.

Club membership transfers Military members who are in-processing to Sheppard can bring a copy of their orders to their new club facility within the first 30 days of their arrival and receive a \$25 certificate to use at the club.

This offer is available at the officers club and the enlisted club. For more information, call 6-6460 or 6-2083.

Officers' Spouses' Club luncheon

The Sheppard Officers' Spouses' Club will hold its March luncheon at the officers club on Wednesday. The social will begin at 11 a.m., and lunch will be served at 11:30 a.m. The cost for lunch is \$8.25. Reservations are required by noon Monday to Laura Howard at 851-6682 or Betsy O'Connor at 691-7542.



For the latest Sheppard info, check out the Commander's Access Channel, cable Channel 14.

The African American Heritage Committee honored guest speaker, retired Col. Fred Taylor at Sheppard's Annual African American History Banquet March 1. After his speech, Maj. JayCee Stennis, AAHC chairperson presented Colonel Taylor with a portrait of the Army's 9th Calvary "Buffalo Soldiers." (Photo by T. R. Steele)

Big decisions: why I chose to stay



By Senior Airman Amanda France

82nd TRW information manager

My husband and I just made a big decision in our career; we chose to reenlist. We weighed the pros and cons, and the benefits of the Air Force outweighed the others by far. Where else can you travel the world, get a free education and get paid to do it all?

Reenlisting was a family decision. Now that we have a 2-year-old daughter, we need to think of her too. Another big incentive for reenlisting was that we have just received orders to Misawa Air Base, Japan, after

being stationed here for three-and-a-half years. This will be a wonderful opportunity for our family to experience other cultures and to see a portion of the world that we wouldn't have been able to if we weren't in the military.

After reenlisting, I took advantage of the Altus Incentive Flight program, through Master Sgt. James Burns, the 82nd Mission Support Squadron career assistance advisor. This is something everyone should experience. How often do you get the chance to witness a refueling mission first hand? There are so many great benefits available that too many servicemembers don't take advantage of. Just get out there and do things. Any base is what you make of it. In just the short amount of time we have been at Sheppard, we have created a lot of memories, and I'm sure we'll do the same overseas.

82nd MDG provides same-day appointing

In response to people having difficulty getting medical appointments, the hospital has implemented some innovative processes to resolve the problem, primarily, same-day appointing. Also known as "open access," same-day appointing is providing care for patients exactly when they need it.

Historically, when patients called to make an appointment, the clinic schedules were already booked, not only for that day, but also for the entire month. Consequently, patients would have no recourse but to visit the emergency room. Same-day appointing ensures patients get the "right care at the right time, and in the right place."

In a related initiative, the hospital is coordinating with the 82nd Communications Squadron to eliminate the busy signal when calling central appointments at 6-1847. The installation of a new phone switch this fall will eliminate current constraints that result in busy signals.

Frequently asked questions about appointing

What is the 82nd Medical Group's policy on same day appointing?

Customers, will receive

a "same day" appointment when they call the central appointments desk prior to noon that day. The appointment will be between the hours of 9 a.m. that day and 9 a.m. the following duty day.

However, some appointments such as wellness visits (annual check ups, pap smears, well baby checks) may still be booked in advance.

Are there exceptions?

Yes, one exception to same-day appointing is the first Wednesday of every month, when the hospital has its training day. Un-scheduled readiness exercises and mandatory formations are also included in this exception. In these cases, emergent conditions will be referred to the emergency room.

What happens if the central appointments staff cannot schedule an appointment?

In the event that the 82nd MDG is unable to meet this requirement, central appointments desk personnel will notify the patient's primary care manager team nurse. That registered nurse will then call the patient to assess their needs and ensure that

See **SAME DAY**, Page 17

Air Force people take care of their own through AFAF

The 2002 Air Force Assistance Fund campaign began Feb. 25 and runs through March 29. “Commitment to Caring” is the campaign’s permanent theme. Last year’s contributions totaled nearly \$4.5 million. The Secretary of the Air Force approved a goal of \$4.69 million for the 2002 AFAF Campaign. Sheppard’s 2002 goal is \$90,990.

The following is a memorandum released on Feb. 22 by the Air Force chief of staff, Gen. John Jumper, and Secretary of the Air Force, Dr. James Roche:

“For 29 years, the annual AFAF campaign has proudly demonstrated the willingness of Air Force people to take care of their own during emergencies and exceptional circumstance. Feb. 25 through March 29, will be our opportunity to once again demonstrate the 2002 AFAF Campaign’s “Commitment to Caring” theme.

The attacks of Sept. 11 vividly demonstrated the value of having strong relief agencies in place, ready to provide immediate assistance to those in need. The Air Force has long benefited from four able charities — the Air Force Aid Society, Air Force Enlisted Foundation, Air Force Village Indigent Widow’s Fund, and the General and Mrs. Curtis E. Lemay Foundation. These charities have provided comfortable and secure retirement environments for indigent Air Force spouses, and financial and emergency assistance to active duty and retired members in times of need.

We encourage you to support the 2002 AFAF Campaign and our Air Force charities to ensure they have sufficient funds to provide the quality assistance we have enjoyed from them in the past or may ask of them in the future. A successful campaign will require your personal interest and commitment in your command and installation AFAF campaign, and will once again demonstrate our proud Air Force tradition of commitment and caring.”

Signed John P. Jumper, General, USAF chief of staff, and James G. Roche, secretary of the Air Force

Donations to the AFAF campaign can be made through cash or check contributions, or payroll deduction. Contributors may designate their contributions to one or more of the four charities, and 100 percent of their AFAF contribution is passed to the chosen charities. Contributions to the AFAF are deductible for Federal Income Tax purposes as an itemized deduction. For more information on the AFAF campaign, visit www.afpc.randolph.af.mil/votefund, and then click on “fundraising.” Unit project officers have full details on each of these organizations. Local AFAF points of contact are Lt. Col. Harry Truhn at 6-4791 or Lt. Col. Bob Mitchell at 6-2663. (Courtesy of Lt. Col. Harry Truhn)

TRICARE helps in coping with crisis

The events of Sept. 11, 2001. Family members deployed. Terrorist threats. Suddenly balancing the household and family responsibilities on one set of shoulders. Everyone in the family, even the kids, is trying to cope. If a military member needs help getting through these demanding times, TRICARE provides both outpatient and inpatient behavioral health benefits through the following certified providers:

- Psychiatrist
- Psychologist
- Licensed Clinical Social Worker
- Marriage and Family Therapist
- Certified Psychiatric Nurse Specialist
- Licensed Professional Counselor, Mental Health Counselor or Pastoral Counselor (with a physician referral).

Referrals and Authorizations

Whether a person uses TRICARE Prime, Extra or Standard, they may self-refer to a network provider for the first eight outpatient counseling and therapy visits in an enrollment year. Members should tell the provider that they are a TRICARE beneficiary so the provider can obtain an authorization number to process paperwork properly. Any outpatient behavioral vis-

its beyond the first eight require clinical review of a treatment plan submitted by the provider to Managed Health Network, the coordinator of behavioral health referrals and authorizations. The treatment plan should be submitted by the sixth visit to ensure care continues without interruption. If anyone needs assistance finding a behavioral health provider or obtaining an authorization for care, they should speak to a MHN Care Specialist at 1-800-406-2832, select option 3, then option 2, followed by option 1.

In an Emergency

For behavioral health emergencies, a Health Care Finder should be called as soon as possible for authorization, but no later than 72 hours after the emergency has occurred. For details on members behavioral health benefits and any copayments, consult the Prime Member Handbook if enrolled in TRICARE Prime, or the Benefits and Coverage Chart if member participates in TRICARE Extra and Standard. These documents, in addition to a detailed description of the behavioral health services available to members can also be found at www.hnfs.net, a TRICARE Service Center, or call 1-800-406-2832 and select option 1, to speak with a benefits representative. (*Courtesy of Health Net Federal Services*)



80th FTW awards

The 80th Flying Training Wing's annual award winners pose with Col. Ralph Jodice, 80th FTW commander, and a sponsor, at the wing's awards ceremony Feb. 23. From left to right are Colonel Jodice; Tech. Sgt. Laura Madison, Operations Resource Management NCO of the Year; Russ Hinrichs, 80th FTW sponsor; Capt. David Otto, PIT Instructor of the Year and Overall IP of the Year; Capt. Rodney Liberato, T-37 IP of the Year; 1st Lt. Kirby Ensser, T-38 IP of the Year; Bernadine Peel, Civilian (GS-8 and below) of the Year; Airman 1st Class Carl Stewart, Airman of the Year; Anita Wasson for Master Sgt. Bradley Wasson, Gardner Award and Senior NCO of the Year; Staff Sgt. Sheffield Brodene; Air Traffic Control Training Achievement Award; Larissa Masterson, Operations Resource Management Civilian Technician of the Year; Senior Airman Bobby Delaughter, Air Traffic Controller of the Year; Tech. Sgt. Shawn Reddinger, NCO of the Year; Capt. Uwe Zeizinger, IFF Instructor of the Year; David Hudspeth, Civilian (GS-9 and above) of the Year; Staff Sgt. William Wilson, Pierce Award; Maj. Jeffery Clifton, Flight Commander of the Year. *(Photo by Lou Ann Sledge)*

First sergeant class

Master Sgt. Clyde Hickerson, 365th Training Squadron first sergeant, briefs potential first sergeants during a training class at the community center Tuesday. Classes are held semi-annually to expose senior NCOs to the responsibilities and duties of being a first sergeant. Any senior NCO interested in attending the next class or becoming a first sergeant should talk to their squadron first sergeant. (Photo by Mike McKito)



Nutrition views: Weight loss diets – spotting the fakes

**By Maj. Mari Chamberlain
and Maj. Elizabeth Watson**

*Diet Therapy Training Programs
chief and Nutritional Medicine
Flight commander*

The grapefruit diet, cabbage soup diet, high-protein diet, three-day diet, peanut butter diet, and the chocolate diet – pick up any popular magazine or search the internet and chances are you will find an abundance of diets promising quick, effortless weight loss. Add in the books, commercial weight loss centers, meal replacement bars, drinks, pills and powders, and you realize that weight loss diets are everywhere. The long standing healthy weight loss recom-

mendation of a diet low in fat, high in complex carbohydrates and fresh fruits and vegetables accompanied by a regular dose of exercise is often considered too simple, boring or slow. So, many people turn to trendy plans based on weak science and half-truths, only to be disappointed in the long run.

Given the sheer number of weight loss plans, it is easy to get overwhelmed and confused when deciding to lose weight. So how do you cut through the hype and find a safe, successful weight loss plan you can live with? Follow these guidelines to find a healthy plan with staying power:

1. Compare a sample daily menu with the Food Guide Pyramid. It should meet at least the minimum recommended number of servings and include individual adjustments for age, gender and daily activity level.

2. Does the plan promise fast weight loss? An average loss of more than 1-2 pounds per week is unhealthy and unrealistic.

3. Is the plan from a reliable source? The plan should provide a list of credible references or bibliography that supports the basis for the plan.

4. Does the plan promote nutritional balance with a variety of foods? Healthy diets do not emphasize one food, food group or

nutrient. Diets that eliminate complete food groups are not healthy.

5. Does the plan teach behavior modification principles that can be used for weight control over a lifetime? Quick-fix plans offer little or no support for long term success.

6. Is the plan based on foods that are easily purchased at the local grocery store? If the diet requires many specialty items, chances are that it is too expensive or inconvenient to maintain long term.

7. Does the diet contain a reasonable number of calories? Calorie needs vary from person to person, and a healthy weight

loss plan is individualized, but in general, a weight loss plan should provide at least 1,200 to 1,500 calories for the average person.

These seven basic guidelines can help you sort through the hype and find a healthy diet for weight loss and long-term weight maintenance. There are no quick weight loss miracles and no magic pills that can reverse daily diet and lifestyle indiscretions. Forget about the trendy diets and focus on a variety-filled, healthy, balanced diet in conjunction with regular exercise to meet weight loss goals. For more information on healthy weight loss programs, contact the Health and Wellness Center at 6-4292.

Those terrible twisters



Photo illustration by Airman 1st Class Pamela Stratton

Signs that a tornado may be approaching

- A sickly greenish or greenish black color to the sky.
- If there is a watch or warning posted, then the fall of hail should be considered as a real danger sign. Hail can be common in some areas, however, and usually has no tornadic activity along with it.
- A strange quiet that occurs within or shortly after the thunderstorm.
- Clouds moving by very fast, especially in a rotating pattern or converging toward one area of the sky.
- A sound a little like a waterfall or rushing air at first, but turning into a roar as it comes closer. The sound of a tornado has been likened to that of both railroad trains and jets.
- Debris dropping from the sky.
- An obvious "funnel-shaped" cloud that is rotating, or debris such as branches or leaves being pulled upwards, even if no funnel cloud is visible.

Tornado terminology

What is a tornado watch? A tornado watch defines an area, shaped like a parallelogram, where tornadoes and other kinds of severe weather are possible in the next several hours. It does not mean tornadoes are imminent — just that people in that area need to be alert and prepared to go to safe shelter if tornadoes do happen or a warning is issued. This is the time to turn on a local TV channel or radio station, ensure ready access to safe shelter and make friends and family aware of the potential for tornadoes in the area.

What is a tornado warning? A tornado warning means that a tornado has been spotted, or that Doppler radar indicates a thunderstorm circulation that can spawn a tornado. When a tornado warning is issued, take immediate safety shelter precautions.

Tornado safety dos and don'ts

Do

- Get out of car and take cover
 - Get out of mobile home and take cover
 - Practice tornado safety at home
 - Stay away from windows
 - Seek shelter in a storm cellar or basement;
- if that's not possible go to an interior hallway, bathroom or closet
- Have a battery-operated radio available to follow the weather updates

(Information courtesy of the 82nd Training Wing safety office and 82nd Civil Engineer Squadron Readiness Flight. For more tornado safety information, visit <https://webi.sheppard.af.mil/82ces/cex>)

Don't

- Try to outrun tornado
- Stay in mobile home
- Assume everyone knows what to do
- Park car under an overpass
- Open windows in house



F0
40–72 mph
chimney damage, tree
branches broken

F1
73–112 mph
mobile homes pushed off
foundation or overturned

F2
113–157 mph
considerable damage, mobile
homes demolished, trees uprooted

F3
158–205 mph
roofs and walls torn down,
trains overturned, cars thrown

F4
207–260 mph
well-constructed walls leveled

F5
261–318 mph
homes lifted off foundation and
carried considerable distances,
cars thrown as far as 100 meters

FUJITA SCALE



Airman 1st Class Daniel Barker, 362nd Training Squadron student, crouches down in the proper protective posture for tornado warnings during a severe weather exercise Wednesday. When taking cover in a tornado, people should go to an interior room or hallway on the lowest level of the building they are in. The posture demonstrated above provides protection from flying or falling debris. (Photo by Airman 1st Class Pamela Stratton)

Base's automated weather numbers

Current Weather

The Automated Surface Observing System number is 855-9045.

Forecasts, Warnings and Advisories

The Automated Telephone Answering Device numbers are (commercial) 676-6995 and (DSN) 736-6995 and official base weather information is also updated at <https://26ows.barksdale.af.mil/sheppard>.

General activities



Denise Matthews

Revival

The Inspirational Gospel Service will be having a revival Saturday at 6 p.m. and Sunday at 10:30 a.m. in the South Chapel. The featured guest will be Denise Matthews. She was formerly know as "Vanity" who was introduced to the world by Prince. She starred in such movies as *The Last Dragon* and *Action Jackson*. She is now a born-again Christian and will be here to conduct the revival.

Chili cook-off

A base-wide chili cook-off will be held at the Community Activity Center Wednesday.

Each squadron may enter up to four teams. The categories include: fire hose hot, best vegetarian, best in Texas and wanna-be hot. Each entry must have a crock-pot full of chili. Those entering must be at the CAC by 9 a.m. for judging. After judging, the chili will be available to the base for lunch from 11 a.m. to 1 p.m. The CAC will provide corn bread, crackers, Fritos and all the trimmings. Anyone entering must sign up by today. For more information call 6-3866.

Computer class

The Madrigal Youth Center is hosting a special computer course for its members. Basic computer to Microsoft Windows 2000 is available. Classes are held every Wednesday from 4-5 p.m. Limited space is available. For more information, call 6-KIDS.

Upcoming trips

New Jersey Devils at Dallas Stars hockey game

Information, Tickets and Tours will sponsor a March 10 trip to the New Jersey Devils at Dallas Stars hockey game with a meal at Trail Dust Steak House. The cost is \$55 per person. The game will be at the new American Airlines Center in Dallas at 6 p.m. A late lunch at the Trail Dust Steak House in Arlington will kick off the trip. Tax and gratuity for the meal are not included in the cost of the trip. Those interested must register no later than Tuesday.

Club activities

Enlisted club comedy jam

The enlisted club presents the enlisted club comedy jam weekend March 22. Comic View comedians Scrunch and Charles Walden will perform at the enlisted club ballroom. Doors will open at 8 p.m., and the show starts at 9 p.m. Tickets are \$5 for club members and \$8 for nonmembers. Reserved seating is available with advance ticket purchase. This show is for mature audiences. For more information, call 6-6427.

Sunday brunch

The officers club will host a Sunday brunch March 10 from 11 a.m. to 2 p.m. The cost is \$10.95 for members, \$13.95 for nonmembers. For more information call 6-6460.

Lunch at the e-club

The enlisted club now serves lunch from 11 a.m. to 1 p.m. Monday through Friday.

The menu includes a food bar, grill specials and healthy heart options. For more information, call 6-2083.

Symphony at the officers club

The officers club invites all ranks to enjoy an evening with the symphony Sunday at 6:30 p.m.

Hors d'oeuvres will be served followed by a bus ride to the symphony. The cost is \$45 per person or \$75 per couple. For more information, call 6-6460.

At the Flicks

Friday 6:30 p.m.

A Beautiful Mind

Friday 9 p.m.

Black Hawk Down

Saturday 2 p.m.

A Beautiful Mind

Saturday 4:30 p.m.

A Walk to Remember

Saturday 7 p.m.

Black Hawk Down

Sunday 2 p.m.

A Walk to Remember

Sunday 4:30 p.m.

Black Hawk Down

Thursday 6 p.m.

Black Hawk Down

This schedule is subject to change without notice. For movie information, call 6-4427.

A Beautiful Mind (PG-13) – Russell Crowe, Ed Harris – In 1947, mathematician John Forbes Nash Jr. made an astonishing discovery early in life and stood on the brink of international acclaim, but his white-hot ascent into the intellectual stratosphere was drastically changed when Nash's brilliance was undermined by schizophrenia.

Black Hawk Down (R) – Josh

Hartnett, Ewan McGregor – An unexpected attack by Somali forces in a 1993 humanitarian aid mission brings down two Black Hawk helicopters.

A Walk to Remember (PG) – Mandy Moore, Shane West – Set in a small town in the 1950s, this is the story of the only son of a wealthy family and the highly unpopular misfit daughter of the town's minister.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel
Saturday, 5 p.m., Solid Rock Cafe, South Chapel
Sunday, 5 p.m., Student bible study and activity night, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., North Chapel
Sunday, 9 a.m., North Chapel
Sunday, noon, North Chapel
Mon.-Fri., 11:30 a.m., Hospital Chapel

Religious education

Sunday, 10:20 a.m., classes for preschool through adult, Bldg. 962

Reconciliation

Saturday, 4-4:30 p.m., North Chapel

Protestant activities

Worship services

Sunday, 9 a.m., Liturgical Communion, South Chapel
Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel
Sunday, 10:30 a.m. Protestant Community

Service, North Chapel

Religious education

Saturday, 5:30 p.m., Growing in God's Grace, South Chapel
Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Tuesday, 6:30 p.m., South Chapel
Thursday, noon, South Chapel
Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962
Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study
Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led faith groups

Islamic activities, Friday, 12:45 p.m., South Chapel
Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177
Latter Day Saints, Sunday, 2 p.m., Hospital Chapel
Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962.

For more information, call the base chapel at 6- 4370

SAME DAY

Continued from Page 7

they get the appropriate care.

When is the best time to call?

Mondays and Thursdays are the highest volume calling days for central appointments. For the fastest service, call central appointments after 10 a.m. or on Tuesdays and Wednesdays.

Will patients always see their assigned provider?

Whenever possible. Primary care optimization encourages the delivery of health care by those who are most knowledgeable of the patient's needs. TRICARE Prime patients are assigned to a specific provider and his or her team. If the assigned provider cannot see a patient, they will be offered an appointment with their provider's partner. As a last resort, patients may receive an appointment with another provider in the clinic in order to provide a same day appointment.

Who can be contacted for additional information?

For additional information on Same-Day Appointing, patients can contact the health care integrator/group practice management office at 6-6073. For information on an assigned provider, patients should contact the medical resource management office at 6-7259. For other TRICARE benefit information, they should contact the TRICARE office at 6-6064. *(Courtesy of the 82nd Medical Group)*



Jared Austin goes up for two of his nine points during the base intramural championship basketball game Feb. 28 in the south fitness center. The 82nd Mission Support Squadron All-Stars beat the 80th Operations Support Squadron 52-50. (Photo by Lynn Bullard)

82nd MSS beats 80th OSS in in- tramural hoops championship

By 2nd Lt. Cory Heitz

82nd Support Group

The 82nd Mission Support Squadron All-Stars defeated the 80th Operations Support Squadron, 52-50, in the men's base intramural basketball league championship game at the south gym on Feb 28. The contest turned out to be a classic match-up, featuring two comebacks by both teams and a dramatic finish. The unbeaten All-Stars didn't seal the championship until an 80th OSS shot in the game's final seconds missed the mark, giving them the hard-fought victory.

The issue was tightly contested throughout, and with 16:00 to go, the 80th OSS had

Sports

Sports writers needed. Brag about your sports teams. Call 6-7243.

HOOPS

Continued from Page

19ilt an 11-point lead. At that time came the turning point of the game: the MSS All-Stars fell back into a 2-3 zone defense and began forcing turnovers with their hustling, disciplined team work. Coupled with sharp 3-point shooting, the All-Stars were able to erase the double-digit deficit and set up the dramatic finish.

In the game's final :10, both teams made clutch free throws to keep things tight. Finally, when that last 80th OSS field goal attempt fell short with :06 left, the All-Stars were able to cement the victory and walk off the court with the proud title, "base champs."

The All-Stars top performers for the game were Cory Heitz, who scored 14 points; Chris Winston, who added 12 points; and Jared Austin, who contributed 9 points. 80th OSS player Scott Moon led all scorers with 22 points, followed by Rodney Jones and Alonzo Bryant, with 13 apiece.

The 82nd MSS men's over-30 team also captured a league championship, giving the squadron both men's championships, something that has not been accomplished on base since 1999. Now, rumors running rampant throughout 82nd MSS athletic circles say that the over-30 team wants to prove who's truly the best team in the squadron with an intra-squadron showdown.

Bowling championship

South Bowling Lanes will host the Wichita Falls Women's City Bowling Championship March 9, 10, 16 and 17. For more information, call 6-2170.

No Tap tournament

There will be a No Tap bowling tournament March 23, at 7 p.m. at the South Bowling Lanes. Single handicap required. Knock down at least nine pins for a strike. For more information, call 6-2170.

Intramural volleyball

The South Fitness Center will host intramural volleyball beginning with pre-season on March 11 and the regular season starting on March 18. For more information, call 6-6754.

Spring Fling Get Acquainted Tournament

Wind Creek Golf Course will host the Spring Fling Get Acquainted Tournament March 23. Shotgun start is at 9 a.m. The cost of \$20 per person fee includes cart (greens fee not included). Two person best ball, 25 percent of team handicap given, net and gross prizes awarded. Established handicap required. For more information, call 6-6369.

March Madness basketball tournament

The South Fitness Center's March Madness Basketball Tournament is March 16 - 17. Entry fee is \$224 per team. For more information, call Staff Sgt. Casey at 6-6754.

Wearing of the Green golf tournament

Wind Creek Golf Course will host the Wearing of the

Green Golf Tournament Saturday, March 16. Shotgun start is at 9 a.m. \$20 per person fee includes cart (greens fee not included). Format includes individual stroke play – only nine holes

will count for a total score. Fifty percent of handicap cap given, net and gross prizes awarded. Established handicap required. For more information, call 676-6369.

Bunny Hop Fun Run

The main fitness center will host a 5/10 K Bunny Hop Fun Run March 23 at 9 a.m. T-shirts will be given to the first 45 people who sign up. Medals will be awarded to the first,

second and third place 5 and 10 K male and female finishers. The entry fee is \$10. For more information, call 6-2022.

Government Purchase Card Vendor Day 2002 set for April 16 at MPEC

The Government Purchase Card Vendor Day 2002 is set for April 16.

This year's event will be held at the Multi-Purpose Event Center on Fifth Street, in downtown Wichita Falls from 9 a.m. to 3 p.m.

The event is open to Sheppard's general public, commanders, billing officials and all cardholders.

More than 150 vendors from five different states are expected to attend.

The GPC has rapidly become the principal method for purchasing goods and services under \$2,500 throughout the Air Force.

The card provides installation units the ability to obtain exactly what they need when it is needed, and eliminates processing delays associated with traditional purchase requests.

The GPC Vendor Day enhances the process by allowing vendors to display their wares, advise cardholders of their products and services available, give product demonstrations and provide brochures and catalogs.

Sheppard has hosted four successful GPC Vendor Days, beginning in 1998.

The event has grown from an original 55 booths to over 90 booths in 2001.

GPC actions at Sheppard have increased proportionately, with fiscal year 2001 purchases exceeding \$14.9 million.

This event also serves as a critical part of the wing small business outreach effort, since booths are marketed first to local small businesses that accept the card.

Status and regulations affecting GPC purchases have changed dramatically in the last year.

Refresher training on these critical regulatory changes, including affirmative procurement and hazardous materials, will be provided hourly for cardholders and approving officials.

It is mandatory for all cardholders and approving officials to attend one of the training sessions, due to the statutory nature of the training topics.

Training sessions will be conducted at the following times: 9 a.m., 10 a.m., 11 a.m., 1 p.m. and 2 p.m.

There is limited seating, and reservations must be made for the listed training sessions.

Reservations are on a first-come, first-served basis and can be made by calling 6-7204, 6-6888 or 6-2277.

Transportation will be provided as necessary. The event will be co-sponsored by the Texoma Chapter of the National Contract Management Association and the 82nd Contracting Squadron. *(Courtesy of the 82nd Contracting Squadron)*